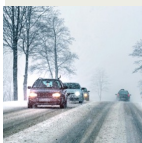




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ATTORNEY GENERAL
BILL SCHUETTE'S

Senior Brigade

February is American Heart Month. Coronary heart disease is the leading cause of death for both men and women in the United States. One in four deaths are caused by coronary heart disease.

The good news? You can make healthy changes to lower your risk of developing heart disease.

Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- Watch your weight;
- Quit smoking and avoid secondhand smoke;
- Control your cholesterol and blood pressure;
- If you drink alcohol, drink only in moderation; and
- Get active and eat healthy.

For more information, visit the [American Heart Association](http://www.AmericanHeartAssociation.org).

Source: [U.S. Department of Health and Human Services](http://www.U.S.DepartmentofHealthandHumanServices.gov)



www.Mi.gov/seniorbrigade
AGCSI@mi.gov
1-877-765-8388



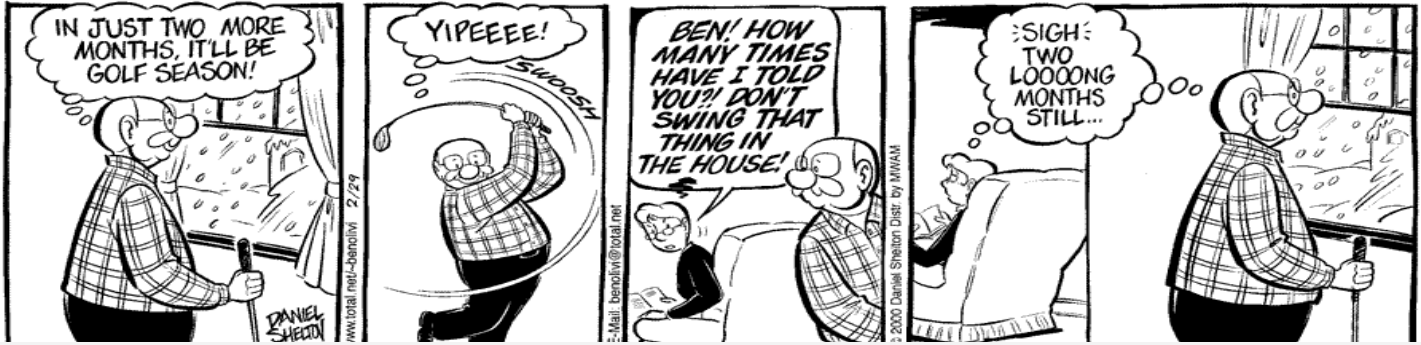
Do you know
**HEART
ATTACK**
symptoms?

Symptoms may include:

- Pain in your jaw, neck, or back;
- Pain or numbness in your arms;
- Lightheadedness or weakness; and
- Chest pain, which may be accompanied by shortness of breath.



SENIOR SMILES



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Tax ID Theft Against Seniors

Identity theft has been the top consumer complaint to the FTC for 13 consecutive years. Identity theft linked to tax refund fraud is on the rise. Generally, the identity thief will use a stolen Social Security Number (SSN) to file a forged return early in the filing season. The taxpayer may be unaware until they file and discover two returns have been filed using the same SSN.

THE FOLLOWING TIPS WILL HELP YOU SPOT TAX IDENTITY THEFT:

1. If you receive an email, text message, instant message, or other form of digital communication claiming to be from the IRS, forward the suspicious contact to the IRS at phishing@irs.gov.

The IRS **NEVER** uses any form of digital communication to initiate contact with taxpayers.

2. If you think someone used your SSN for a tax refund, or the IRS sends you a notice or letter indicating a problem, contact the IRS

IMMEDIATELY.

The FTC offers [consumer education materials regarding tax ID theft](#) and regarding [what to do if you become a victim](#).

For more information on tax identity theft, [visit the FTC's website by clicking here](#).



Stay Safe on the Road

Even the most experienced drivers can use a refresher course from time to time. Use the following tips and stay safe on the road during the months ahead.

- Clear snow and ice from windows, lights, and the roof of the vehicle.
- Don't use cruise control in wintry conditions.
- Leave plenty of room for stopping.
- Brake early and brake correctly. If your car is equipped with ABS, do not pump your brakes, the correct way to stop is "stomp and steer."
- Leave room for maintenance vehicles, plows, and emergency vehicles.
- Know the current road conditions. [Click here to review the Michigan State Police Winter Travel Advisory.](#)



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